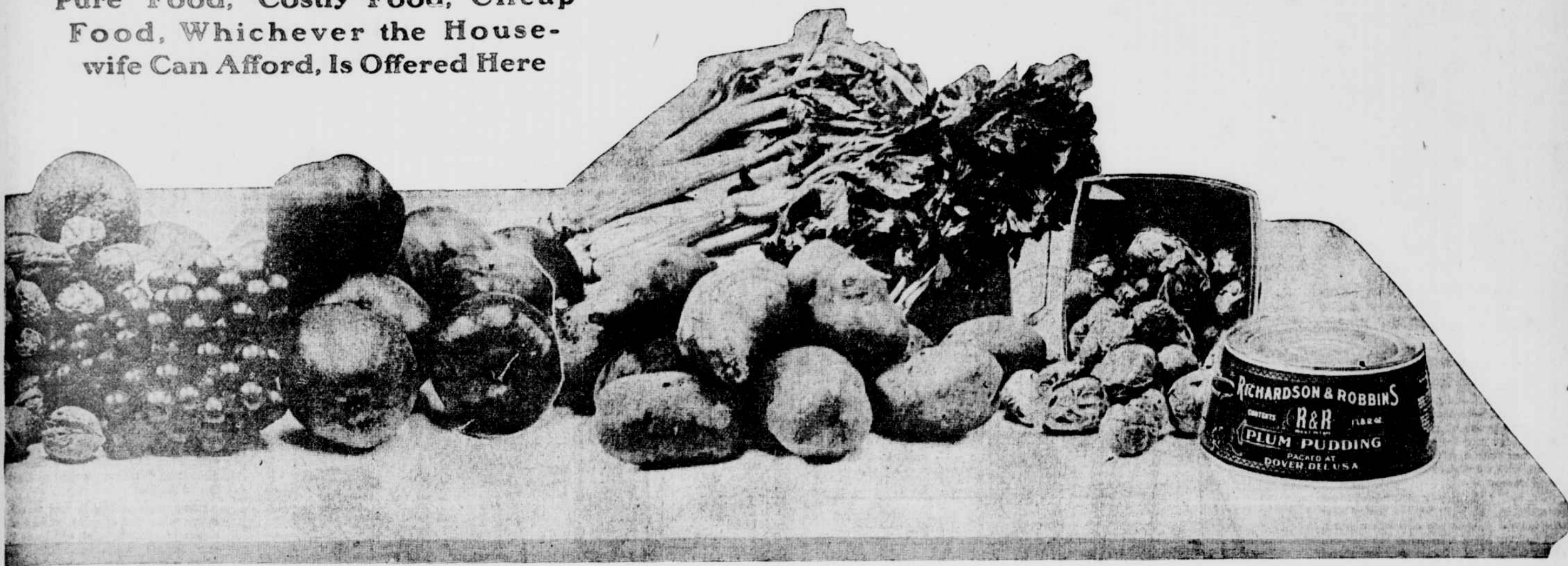


# CULINARY EXPERTS CONTRIBUTE HOLIDAY MENUS

**Pure Food, Costly Food, Cheap Food, Whichever the Housewife Can Afford, Is Offered Here**



## --- Dinner for Six---\$6.00 ---

Prepared by Miss Elizabeth Stanley, Lunchroom Director, Pratt Institute.

Oyster Cocktail	Bread Sticks
Consomme	Olives
Creamed Sweetbreads and Asparagus Tips in Timbales	
Roast Turkey (Chestnut Stuffing)	Cranberry Jelly
Mashed Potatoes	
Scalloped Onions	Celery au Jus
Tomato Jelly Salad	Cheese Straws
Hot Mince Pie	
Pineapple Ice	
Bonbons	Salted Nuts
Coffee	

## The Vegetarian's Christmas Dinner

Prepared by John Brennan, Editor of "Physical Culture."

Six Persons—\$3.50.

Ripe Olives	Celery
Beetroot Soup	
Vegetable Turkey with Cranberry Jelly	
Baked Potatoes	Brussels Sprouts
Stuffed Tomatoes	
Apple Charlotte	Grape Juice
Fruit	

## For Those Whose Pennies Count

Prepared by Commander Eva Booth of the Salvation Army.

\$1.80 for Six Persons.

Chicken Fricassee, White Potatoes	Yellow Turnips
Pork and Peas	Boiled Macaroni
Plum Pudding	
Coffee	

### Prices for Simple Dinner

Astor Market, December 7.

Soup, 1 can concentrated	.....\$ .10
Chicken, 4 lb. at .22 a lb.	......88
Potatoes	......12
Turnips	......15
Pork and peas, 1 can	......10
Macaroni	......10
Plum pudding	......25
Coffee, ¼ lb.	......07
Total, about	.....\$1.80

must face the further fact that children are easily spoiled—and, by the same token, saved from spoiling.

So many parents feel that in the training of children the choice must be between "strict" bringing up and easy-going indulgence. But most of the children that find their way into the hands of the court officers, into the offices of probation societies, or into reform and penal institutions, have had either one or the other of these extremes practiced upon them by their parents.

When children reach the critical years of adolescence, the parents are usually too old to learn new tricks, new manners, new attitudes. But while the children are becoming acquainted with the elements of life, the parents should be developing their policies and their philosophies. Now

is the time to prepare for the crisis that is sure to come when Henry misappropriates some money or when Barbara "cuts" school to go to the vaudeville show.

Are you going to look the other way, on the theory that "boys will be boys," or in the hope that wisdom will come with the years? Or are you going to make it so plain that no departure will be permitted from the straight and narrow path that the children will be definitely estranged?

You look the other way—as many parents have done. And it will not take Henry or Barbara very long to make up their minds that children can have their own way, if they are fortunate. And from that it is but a short step to demanding their own way—of their parents and of every one else.

## Are Women People?

By ALICE DUER MILLER.

### The Spell.

"The debutantes are entertained."—Headline.

The debutantes are entertained,  
Though Europe sink in smoke and blood  
And every hope of womanhood  
Is there endangered, twisted, stained—  
The debutantes are entertained.

The debutantes are entertained,  
Though many women young as they  
In this free country day by day  
Are underfed and overstrained—  
The debutantes are entertained.

O, lovely creatures, young and kind,  
How long, how long ere you rebel  
Against this tyranny, this spell  
That dims the mirror of your mind  
And keeps you debutantes—and blind!

"What dost thou in the city, dainty soldier? Thy fellows whom thou hast deserted fight and conquer, and thou, sitting on thy palfrey, clothed in purple and fine linen, goest ambling along the highways."—From the Life of St. Bernard.

### A Recent Conversion.

"I find," said the President in his Columbus speech, "that I am one of the very few men of my acquaintance who absolutely believe every word, or example, of the Virginia Bill of Rights."  
The Virginia Bill of Rights says: "That all power is vested in and consequently derived from the people."  
And now Mr. Wilson absolutely believes that women are people.

### Steps to Equality.

"Madame," said Judge Blanchard the other day, "your tears can have no effect upon the court."  
This seems to us like flying in the face of nature.

Fourteen women were recently shot, it is reported, in Mexico.  
But, of course, it must have been through some misunderstanding. We have always been credibly informed by the anti-suffragists that except where women are so misguided as to claim equality under the law, they are exempt from the death penalty.

### Do You Know?

That since the war the number of convicted persons in England has dropped from 369,5 to 281,4 per 100,000 of the population?  
That the local prison population, which on August 4 was 11,531 males and 2,049 females, fell in eight months to 9,199 males and 2,010 females?  
That this was decrease of 2,010 in the male prisoners and of 39 in the female prisoners?  
That some thinkers attribute these facts to the elevating effects of war on the human character?  
Others, to the great number of men who have left England?

### Rules for Delegates.

When ladies in convention meet  
They must be civil, suave and sweet,  
Must all be lovely to each other  
And never say a word like "bother."  
For if one woman should be heard  
To use that short, improper word,  
It would be proof, you must admit,  
That every woman was unfit.

When ladies in convention meet  
Their harmony must be complete;  
United they must think the same  
Of every method, date and aim,  
For if they do not all agree  
They are not ready to be free.  
You never knew a man's convention  
Distracted by the least dissension.

When ladies in convention meet  
They must be handsome, young and neat;  
That is, if they would not forget  
The precedents that men have set;  
For men's conventions do their duty  
By calmness, harmony and beauty.  
Just wait until next June and you  
Can see if what I say is true.

## His Cookery Experts Prepared It

gives no advice on that score beyond indicating that fresh celery (not cooked, bay leaves, cayenne pepper, onions and chestnuts are all welcome ingredients of the dressing. If oyster soup is served, as included with this dinner, the turkey ought not to be stuffed with oysters.

With the national bird is served mashed potatoes and giblet gravy, with—it is hardly necessary to add—cranberry sauce. If one must serve other vegetables the Department of Agriculture sanctions the introduction of onions in cream, turnips or cauliflower, but the prospective hostess is warned not to provide too many vegetables, for the guests probably will desire to give their undivided attention to the turkey.

Hearts of lettuce salad served with Roquefort cheese dressing, or romaine with French or Russian dressing, is suggested by the government caterers for the salad course, to be followed by generous helpings of old-fashioned plum pudding, doused with plenty of brandy sauce or surmounted by peaks of hard sauce. Some persons have been known to serve both, and the combination is not derided by the government experts, although they are chary about advocating anything with alcohol in it.

Mince pie made with home-made mincemeat in pastry that is light and flaky is suggested by the Department of Agriculture as a substitute for the plum pudding, while ice cream is also included in the menu. No one, however, could be heartless enough to serve all three of these desserts at a single meal, particularly when the guests had partaken generously of oyster soup, turkey and salad.

In addition, lest any one go home feeling that he has not had enough, Miss Hunt and her assistants include in the menu nuts, raisins, bonbons, crackers and cheese and café noir.

## PRICES FOR \$6 DINNER

Washington Market, December 7.

Oyster Cocktail, 4 oysters at .01 each, and other ingredients	.....\$ .30
Consomme (home made)	......08
Bread sticks	......03
Olives	......15
Sweetbreads, 1 pair	......50
Asparagus, 1 can	......25
Batter and seasonings	......08
Turkey, 8 lb. at .25 a lb.	.....2.00
Cranberry jelly, 1 qt. berries and sugar	......15
Mashed potatoes, 1½ qts. potatoes and milk	......17
Scalloped onions, 1 qt., and milk	......15
Celery au jus, 2 bunches	......20
Tomato jelly salad—	
Lettuce, 3 small heads	......10
1 can tomatoes	......15
Seasonings	......02
Cheese straws	......10
Mince pie (home made)	......20
Pineapple ice (lemonade)	......30
Coffee, ¼ lb.	......07
Salted nuts (home made)	......25
Bonbons (bought)	......25
Total	.....\$5.60 or \$6.00

## TWO WAYS OF SPOILING CHILDREN

By Sidonie Matzner Gruenberg.

"CALAMITY," says George Eliot in one of her novels, "is something that happens to other people." And how often that feeling comes to us as we read in the papers of the escapades of other people's children! Another girl ran away from home—a perfectly good home, so far as equipment and material resources mean anything. Again, a father had to call upon the court to restrain a wayward son—to save the family name from disgrace. Day after day, day after day, we are tempted to thank whatever gods there be that our children are not like other people's. And how little we realize how much alike the children are in just those things that seem to separate the wayward girls and boys from the more steady ones.

The vast majority of children would seem, from careful studies that have been made in this country and abroad, to be quite capable of growing up into responsible and worthy men and women; and these same children are quite as capable of becoming criminals, delinquents and prodigates. Without at all minimizing the fact that there are great variations among children, due to hereditary causes—causes quite beyond our control—we